

P-18: Reducing Health Risks on the Way to a Smoke Free Workplace

Venue: Community

Goal: Promoting Cessation of Tobacco Use

Sponsoring Organization: The Center for Alcohol and Drug Treatment

Abstract: The Center for Alcohol and Drug Treatment is a member of the Chelan-Douglas Tobacco Coalition. The staff identified the need to have their clients actively address tobacco addiction. They also recognized that an alarming number of the staff were also addicted to tobacco. They concluded that it would be necessary to first address the addictions of the staff in order to effectively treat the patients. Steps were taken to make the smoking areas harder to access and less noticeable to the public. During the month of the Great American Smokeout, materials were presented at staff meetings and the entire staff was invited to go smoke-free for the day. Volunteers were recruited to be sponsors for people who wanted to participate in cessation for the day. Six employees and one spouse volunteered to participate, and eight employees volunteered to be sponsors. Three of the participants still remain smoke-free.

Recommendations: Use a nationally recognized event, like the Great American Smokeout to raise awareness about tobacco and give people an opportunity to try to quit for just one day with no long-term commitments.
Get as many people involved in the project as you can and have fun with it.

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